



# Konnecting with Karen

Image Connections

January 2009

## A New Year ....A New You

### It's all mine in 2009!

This is a mantra I am borrowing from a friend of mine. How about you? Will it all be yours too? It can be!

January is resolution time and I have some questions for you to ponder this month as we step into a new year.

You know how we are often told to step "out-of-the-box." Let's try a different approach. First, step **into** a new box... a box with some rules, where you can reconnect with yourself. A box with some boundaries like: "I give myself one hour a day to play. I give myself an hour to read, to write and journal, or to dream and ponder. I give myself an hour to pamper myself in a bath or have a mini-facial." "I can say 'No' to being caught up in the busyness of life."

A Dollar store is a good place to pick up some 'Play' tools, like sparkle pens, markers, stickers, glue sticks, scissors and a notebook. Find a nice box or basket to put them in and settle yourself down for your first "play and write time!"

Here is your first question to ponder or write about. **Who am I?**

Put your pencil to paper and let yourself write non-stop for a full 10 minutes. The longer you write the deeper you go.

Next, make a resolution to reclaim and reconnect with yourself. Schedule some down time for you and your family. Winter evenings are perfect for snuggling up inside.

Role- model the importance of relaxation to your spouse and your children. Teach them how important it is to honour oneself with "Me" time, as well as family time.

I discovered a wonderful quote by Mary Kay Ash, founder of Mary Kay Cosmetics.

She said, "So many women just don't how great they really are. They come to us all vogue on the outside and vague on the inside."

Your next question to ponder is "**What am I great at?**"

List at least 10 things, although I am sure there are many more but women tend to be vague in their positive descriptions when it comes to self.

Let's look at where you may be vague. Does your appearance give the message of vagueness? Are you wearing the same hairstyle or make-up because it feels safe?

Are your clothes loose, boxy and hiding who you are?

It's time to step into your box again. This time with several magazines and catalogues. Cut out pictures of women you think are attractive, clothes you would like to wear and places you would like to be. Let your inner self guide you and don't put limitations on what you are attracted to.

Refrain from judgement and the mind chatter that says, "I can't look like that! I never dress up. I have no place to go. I'm too fat for that. I'm too

short, I'm too tall. I can't afford to do that, or look like that so I won't add it in."

Have fun and let go!

Play, cut, paste and create a collage of the ideal you!

Now go back to your first question, "Who am I?" This time write down all the qualities, dreams and aspirations of who you want to be. Add them to your first list.

Finish by adding the mantra, "It's all mine in 2009!"

It may seem like a new you and you may question... that isn't really who I am. However, we all possess the qualities we only dare to dream about.

Quit being vague and bring them into vogue!

P.S. If journaling seems daunting to you, then check out my website [www.imageconnections.ca](http://www.imageconnections.ca) for journaling tips and workshops coming up in 2009.

Also for more articles and tips for women go to [www.timelesswoman.ca](http://www.timelesswoman.ca)

### January Events:

Please contact me if you would like to attend.

Bradford Wings meeting

Tuesday January 6th @ 2pm at

Lynn Mitano's

Look Good Feel Great Mini Spa day

Saturday Feb. 7 @ 3 Highland Terrace Bradford 9:30 to 4pm

Check website for more details

[www.imageconnections.ca](http://www.imageconnections.ca)



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